

HOW TO BE HEALTHY AND BEAUTIFUL

BY MRS. HENRY SYMES

THE RIGHT WAY TO GIVE FACIAL MASSAGE

IT MAY have been a consolation to Emerson that "within I do not find wrinkles and used heart, but unspent youth;" but I very much fear the majority of women, if the chance were theirs, would elect a smooth brow in preference.

Possibly we should be above feeling pangs at the outward visible signs of increasing years—but how few of us are! Indeed, this is a rather healthy sign than otherwise, as the woman who is indifferent to her looks has reached a danger point of mental apathy, where slovenliness as to personal appearance is apt to follow.

But there is no immediate need of starting a crusade among women to stimulate anxiety as to their looks. Oh! the pitiful wails I receive about defacing crow's-feet, deep furrows about the mouth or sagging corners, wrinkled brows, cross-looking lines between the eyes or flabbiness underneath them! How trying they all are, and, oh! how glad we would be to be rid of them, if we but knew how!

But there is just the trouble. So few do know how to eradicate wrinkles. It is a dangerous business, moreover, this trying it without the proper knowledge. Theoretically, massage will overcome them. But if that massage is done on wrong principles, the results are worse than useless; indeed, a fine crop of brand-new wrinkles is likely to follow in its train.

Every one knows the cause of wrinkles, how for lack of proper exercise of the muscles or sufficient nourishment, through poor health or by careless treatment of the skin that results in clogged pores, the skin loses its tone, gets soft, flabby and later much lined. Sometimes, too, these wrinkles are caused by lack of repose and unsightly contortions. But, as in the case of the talk on hair, we have less to do with causes than cures.

Again and again I receive letters asking me how to massage the face for certain defects. Though I have dealt with this subject very fully in my replies, it has occurred to me that a thoroughly practical talk on eradicating wrinkles at home will prove helpful to many who cannot afford to be treated by a specialist.

Now, while it is undoubtedly true that it is better if one can afford it to have the face treated by a trained masseuse, much can be done without this aid to be rid of unsightly wrinkles. Of course, in massaging her own face a woman misses that rest and sense of perfect relaxation which to the weary is the chief luxury of being massaged by one who thoroughly understands her business. Be it understood, however, that not every one who puts out her shingle as a specialist is competent to do so, and the greatest care must be exercised in choosing one with a good system.

By carefully following these directions for facial massage, even the busy woman can improve her looks, with absolute confidence that she is not rubbing wrinkles in instead of out.

Suppose a woman wishes to give her face a thorough treatment, such as she would receive from the best specialist, how would she do it?

In the first place, she would pin around her head a folded towel to protect the hair, then put on her face



Upward and Outward Stroke For Crow's Feet.



Work On The Lymphatic Gland For Double Chin.



To Build up The Expression Muscle



Rubbing In The Cleansing Cream.



Steaming The Face with a Turkish Towel.

and throat a pure, cleansing cream or cold cream, remembering always to rub upward. When this has been thoroughly done, it should be wiped off with a

clean, soft cloth or handkerchief. Afterward put on more cream. This softens the dirt and prevents it settling in the pores during the steaming.

Steaming may be done in several ways, but the best and simplest is to wring a Turkish towel out of water as hot as can be endured without scalding, fold it in several thicknesses and place it over the face and chin, leaving it to remain until cold. Repeat this three times.

Then begin the massage, which should be very thorough and skilled. Remember always to rub upward and across the lines of the wrinkles. Use a good skin food to build up the tissues and prevent soreness from the rubbing.

Any of the skin foods recommended so often in my correspondence may be relied upon, but be sure, whatever is used, that it is absolutely pure and does not contain animal oils, which induce a growth of hair.

After dipping the tips of three fingers of each hand in the cream, move upward diagonally from the corners of the mouth to the temples with a smoothing motion. Repeat ten times or more both this and every movement, redipping the fingers in the cream whenever dry.

Next, using either hand, as is most convenient, place the thumb on the temple and with the three fingers rub along the lines of the forehead in a rotary movement, making three turns across. Then draw the fingers back to the thumb with a deep, smoothing pressure.

Then with the flat-ends of the thumbs work across or at right angles to the forehead lines from one temple to the other. Move the thumbs alternately, never using a downward stroke. This necessitates lifting the thumbs and bringing them back to the eyebrows each time.

For the much hated crowfeet, place a thumb on each temple and with the first finger start at the outer corner, move in toward the nose, under the eye, upward and out above the eyebrows around to the corner again, with a light, smoothing motion. In repeating this each of the three fingers can be used in succession.

The second crowfeet movement is to work straight out from the corners of the eyes toward the ear with the first finger and up from the cheekbones with the thumbs. The alternate movements properly done will bring the eyebrows into play.

Next, with the first fingers, move upward from the chin with a rotary

movement to the eyebrows, then with a smoothing motion across.

The lines about the mouth and nose are very hard to eradicate, you are just the lines that most influence the facial expression. Nothing is uglier than sagging corners or deep furrows, that are almost gutters, from the nose to the lips.

Starting at the right-hand corner of the mouth, with each finger in succession go across the upper lip in a rotary movement, drop and smooth across, follow back to the starting point. This may not only be repeated by every finger in turn, but by the fingers on both hands.

An excellent movement to improve facial expression is to build up the expression muscle that runs between the nose and the corners of the mouth. The best possible movement to work on this muscle is to take the thumb and second finger and drop and pick up the flesh at the same time. This is very difficult to do for one's self, unless the actual movement has been seen and felt. The photograph, however, gives a very clear conception of it.

Another good movement for the expression muscle is to begin at the chin with the four fingers on each hand, and go upward diagonally with a smoothing motion to the corners of the mouth. Here loosen the fingers, and then carry the movement out to the hair. If it were taken through without a break there would be danger of stretching the muscle unduly.

Double Chin Reduced.

A double chin is superfluous flesh that every woman wishes to dispense with. It can be done, too, if one but perseveres. After the pores have been opened by steaming, put plenty of cream on the fingers and, beginning at the chin, work down to the throat with alternate hands, using the under side of the fingers rather than the tips.

Next, with the thumb on the chin and the fingers under it, work the flesh with a rotary motion. Do this with each hand in turn.

Lastly, work on the muscle back of the ears by rubbing down with the left hand and across with the right.

The following exercises are also good for the double chin: Throw back the head as far as it will go, and thrust out the chin and under lip. Also move the head slowly as far backward and forward as it will go, and from shoulder to shoulder in a side motion. Lastly, rotate it slowly.

After the massage is finished wash the face thoroughly with hot water, in which are placed small beauty bags, containing almond meal, or soap, or place of soap. These bags can be made of small squares of cheesecloth, and fresh ones should be used at each washing. Gradually cool the water till it has become very cold. This has a strong tonic effect.

Next apply a good astringent, such as the tincture of benzoin, or if your skin is oily, use a solution of boric acid, one dram; distilled witch hazel, four ounces. Apply with a piece of old linen or absorbent cotton. Always put on cold water before the astringent to make the skin firm. In drying, rub upward with a towel that is not too fine.

Last of all, use the electric roller on the face. Remember to work across in opposite direction from the deep lines. One of these rollers can be bought for \$1.50, and is easily connected with the battery.

A thorough face treatment like this should be given but once a week, though most of the movements can be followed when rubbing in a little of the skin food each night. Always remember, however, to wash the face after each time the cream is applied. This will prevent any danger of superfluous hair. The double chin might be lighter steamed and massaged twice a week. For very fat faces the massage should be quite deep.

Reducing the Size of the Nose.

I have a rather prominent nose, and if you could give me a system of massage by which I could reduce the size I would be very much obliged. S. C.

I am sorry to tell you that no massage could possibly change the size or shape of your nose. There are certain beauty doctors who claim to do it by surgical means, but, if I were you, I should be very careful before trusting myself to one of them. Probably the prominence of your nose is not so noticeable as you seem to think, and I would advise you to let well enough alone.

PRACTICAL ADVICE TO CORRESPONDENTS BY MRS. HENRY SYMES

A Variety of Questions.

Would you kindly advise me? I have taken an enormous quantity of the Vaucaire tonic and am just beginning to realize some improvement, and, although it seems very slow, I am not discouraged, but I cannot massage, as the affected parts are very sore, and would not permit of any rubbing. I drink much milk and find that malt extract does not agree under these circumstances.

My hands are quite slender. I wish to fatten the fingers between middle joint and hand. Would cocoa butter be best and how long should one massage?

Which one of the two eyelash-growers do you recommend for use? My lashes are long and heavy, but after using both of your growers they are growing. One is in the form of brown or orange-colored cream, which I rubbed along the edge of the lashes. The liquid ointment I applied to the edge of the lids.

The lotion for oily hair, with ingredient to aid toward producing an auburn shade, makes my hair heavy and soggy, as it is very oily, and while it assists a very little toward producing the crisp condition, it leaves no results upon discontinuing.

My nails are much too square. Can I in some way change them into an oval shape? Near the crescent they spread in an ugly shape.

Blackheads are so numerous on my face that I apply the green soap daily and find it most beneficial. Shall I continue its use? I prefer it to any ordinary toilet soap.

Is golfe curable? Have had a small one since childhood.

AN ANXIOUS READER.

The Vaucaire treatment is always slow, and I am glad you have had such patience. The malt extract is not entirely necessary, and may be dispensed with. Do you ascribe the tenderness of the bust to the use of the remedy? If so, something is radically wrong.

Slender hands are usually considered

a mark of beauty, but if you wish to fatten your, coated with the Vaucaire tonic as good as anything else. Massage from five to fifteen minutes, morning, and evening, if possible; otherwise, daily.

It is hardly necessary to use two eyelash growers at once. Use whichever causes the most improvement. The liquid is less likely to inflame the eyes, but both must be applied with extreme care.

I have several lotions for oily hair, and so I am not sure which one you mean. None, however, should cause heaviness or soginess. Perhaps you have not used it long enough to cause permanent results.

By constantly pinching the nails near the base, they will in time tend toward an oval shape. Do not, however, let this grow into a nervous habit.

If you find the green soap beneficial, there is no reason why you should not use it daily, though, of course, it is not intended for a toilet soap. Have you tried the treatment given to Holly M.?

Golfe is curable, the remedy being one of the many extracts of the thyroid gland. This must, however, be taken by the advice of a physician; never attempt the treatment by yourself.

Troubled With Blackheads.

I am a young girl, fourteen years of age, and am troubled with blackheads on my nose. Little white lumps appear under my eyes and on my forehead. On the back of my shoulders pimples are beginning to show also.

Can you help me by telling me what is the cause? It is certainly not from untidiness, as I bathe at least twice a week and wash thoroughly every morning and night. Will you also give me a remedy that will help to give me a clear complexion and not grow hair on the face?

HOLLY M.

I think that the green soap treatment is what you need. Girls of your age are often, however, troubled with bad complexion, which improves as they grow older. I do not advise you to use

anything to clear your complexion until you have eradicated the blackheads. GREEN SOAP TREATMENT FOR BLACKHEADS.

Tincture of green soap.....2 ounces
Distilled witch hazel.....2 ounces
Let this mixture remain on only a few minutes, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.

Green soap may be purchased at any good drug store. It is not a regular "cake soap," but it is about the consistency of custard.

To Restore Hair to Its Natural Color.

Please give the doctor's prescription to restore hair to its natural color, and tell me if the sugar of lead that is in that prescription is bad for hair or head, as I believe that is in this prescription; or could you tell me anything else to use beside sugar of lead, as I don't like that if there is another way?

JUNE.

The formula you mentioned has been given many trials, and has never proved very satisfactory. I have, therefore, abandoned it and substituted the henna prescription, which is as follows:

HENNA HAIR STAIN.

Take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

I am sorry if this recent change has given you any trouble, and I wish that my other readers would take notice of it hereafter.

Heavy Growth of Hair on the Face.

I would ask you if you have a formula for the following: I might say that I'm a young man of twenty years, and have a very heavy growth of hair on my

face. I know there is nothing to stop a natural growth, but perhaps you know of something that would check the rapid growth. I have to shave at least three times a week, and as you can imagine this is very annoying, so if you could prescribe something where it would not be necessary to shave so often I would thank you greatly.

I also have a very red face, and if you could give me a good face bleach I would be very thankful for the same.

J. K. Jr.

I am very sorry to tell you that there is nothing to stop the growth of hair on the face. Of course, electric treatment would permanently remove the hair, but I do not suppose you desire that. Otherwise, you will have to keep on with your frequent shaving, as it is the only alternative.

The old bleaches are the best, and so I would recommend either peroxide of hydrogen, or—if you can get it at this time of year—butter-milk. This trouble, too, is constitutional, and so you will not be able to relieve it very much.

To Reduce the Bust.

Will you please prescribe some formula to reduce my bust, which is enormous? I did try alcohol, but without success. I would also like something to reduce my cheeks; my face is so fat it looks like a full moon.

K. B.

If alcohol has failed to have any effect on your bust, try bathing with warm vinegar. Applications of cold water will also help to make the bust firm instead of flabby. If you desire further measures, which, indeed, your case seems to require, try the following pomade:

POMADE TO REDUCE THE BUST.
Iodide of potassium.....3 grams
Vaseline.....50 grams
Tincture of benzoin.....20 drops
Make into a pomade and apply twice a day.

What you need, however, seems not so much something to reduce the bust as a general reduction of flesh. Your

face seems to argue general obesity. If you follow these rules exactly, and have patience and perseverance, you will undoubtedly be relieved in time.

RULES FOR THE REDUCTION OF FLESH.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids.

Add a little of the juice of lemons or limes to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon; oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through the lungs. The more exercise, the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

Puffed Hands.

What reason is there for large fat hands?

ELLA.

Large, puffed hands are usually a sign of kidney trouble. It is this is present you may be able to reduce them by constant wringing, but this is a nervous habit, and will, besides, make the hands and muscles flabby. Otherwise they must simply be endured.

Hollows Beneath the Eyes.

I have such deep and sharply defined hollows beneath my eyes. There is no puffiness or discoloration. The skin just seems flabby and the muscular tissue

broken down. Otherwise, my face is without a wrinkle. Is there anything I can do to relieve this weakness, or is it just a natural defect?

ANXIOUS.

This may be the result of an internal trouble. Are you aware of any such? Otherwise, gentle massage will ameliorate the condition and assist in building up the underlying tissues. I need hardly say, however, that it will not reach an internal disorder, if such be the cause of the trouble.

To Increase Weight.

I am very thin, especially my face, and wish to get plump by the summer. What could I do to make my face fatter? I have never used anything on it, and am almost afraid to do so. Please give me something positively harmless. I go regularly a great many of your exercises, but have never tried anything but exercising.

BETTY B.

To make thin cheeks plump, rub in a good skin food such as the one I am giving you, with the following movements:

To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

I am giving you also general rules to increase weight. Surely, you ought to succeed by next summer.

TO GAIN FLESH GENERALLY.

Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this, relax during the day, if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health as sleep induced by narcotics in any form. The diet should be liberal, and should consist largely of food containing starch, and sugar, potatoes, fresh, sweet butter, milk, cream, fruits cooked and served

with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beets, etc. There are certain beauty doctors who claim to do it by surgical means, but, if I were you, I should be very careful before trusting myself to one of them. Probably the prominence of your nose is not so noticeable as you seem to think, and I would advise you to let well enough alone.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; cocconut oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 20 drops.

Melt the first five ingredients together. Take it off the fire and beat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

Cocoa Butter for Massage.

Will you please advise me as to the merits of cocoa butter as used in enlarging the bust? As it is considered a good flesh food, would it not be beneficial in massaging the bust?

CONSTANT READER.

Cocoa butter is an excellent simple massage cream, and would be extremely good for the bust. I would, however, advise you to use it in conjunction with the Vaucaire remedy, as frequently given in these columns.